

# Squash

Continued from 1L

## WINTER CITRUS, MUSHROOM AND FARRO STUFFED ACORN SQUASH

*Start to finish: 45 minutes*

*Servings: 4*

2 medium acorn squash

Olive oil

Kosher salt and ground black pepper

1½ cups thinly sliced mixed mushrooms

1 medium yellow onion, diced

2 cloves garlic, minced

2 cups cooked farro

¼ cup chopped fresh parsley

1 tablespoon minced fresh rosemary

1 tablespoon chopped fresh thyme

Zest and juice of 1 lemon

Heat the oven to 400 F. Line a small baking pan (such as a 9-by-9-inch pan) with foil and spritz with cooking spray.

Cut the acorn squash in half from stem to point and scoop out the seeds and membranes. Slice off a small piece of skin from the rounded side

of each half so the squash can sit flat with the cut side up. Rub the cut side of each half with a bit of olive oil, sprinkle with salt and black pepper, then arrange in the prepared pan. Bake for 30 minutes while you prepare the filling.

Meanwhile, in a medium saute pan over medium-high, heat 2 tablespoons olive oil. Add the mushrooms and cook for 5 minutes, or until they begin to brown. Add the onion and garlic and cook for another 5 minutes, or until the onions are tender. Remove from the heat and stir in the farro, parsley, rosemary, thyme, and lemon zest and juice.

When the squash has cooked for 30 minutes, remove it from the oven and spoon the filling into each half. Return to the oven and cook for another 10 minutes, or until the squash flesh is tender when pierced with a paring knife.

*Nutrition information per serving: 350 calories; 90 calories from fat (26 percent of total calories); 10 g fat (1.5 g saturated; 0 g trans fats); 0 mg cholesterol; 250 mg sodium; 62 g carbohydrate; 10 g fiber; 2 g sugar; 10 g protein.*